



# The Inside Scoop

Education & Ice Cream

## Reiki 101

Tuesday, April 16, 6:00 p.m.

Reiki is a Japanese stress reduction technique that promotes the body's relaxation response and your own natural healing ability.



### Learn about:

- Benefits of Reiki
- Self-care & healthcare
- Learn & experience your own natural healing energy

**Presenter: Krista Hall, RN, Reiki Master, HTCP**

Before this free program there will be an optional fried chicken dinner at 5:15 p.m. for \$5.00. Reservations due 48 hours before the program date.

### Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

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